



Directors

Hon. William H. Taft
Henry H. Bowman
Robert W. de Forest
Arthur W. Eaton
Irving Fisher
Eugene Lyman Fisk
Harold A. Ley
Charles H. Sabin

Hon. William H. Taft
Chairman, Board of Directors

Harold A. Ley
President

Prof. Irving Fisher
Chairman, Hygiene Reference Board

Gen. William C. Gorgas, U. S. A.
Consultant, Sanitation

Eugene Lyman Fisk, M.D.
Medical Director

James D. Lennihan
Secretary

THE LIFE EXTENSION INSTITUTE

WHAT IS IT?

WHAT DOES IT DO?

Many have asked these questions.

It is an incorporated institute organized on the basis of a self-sustaining philanthropy for the following purposes:

To maintain a central clearing house of information regarding personal hygiene and how to live.

To insure scientific accuracy and up-to-dateness in its work by enlisting the cooperation of a board of 100 men eminent in medical science and educational work.

To arrange periodic physical examinations in any part of the United States and Canada for groups (insurance policyholders, employees, etc.) and for individual subscribers so that knowledge of personal hygiene and how to live may be applied with accuracy according to special needs.

To maintain an educational service, conveying to its members the latest information on such subjects after due consideration by the Hygiene Reference Board.

Information regarding terms of membership will be furnished on application.

LIFE EXTENSION INSTITUTE, INC.
25 WEST 45th STREET :: NEW YORK CITY

HYGIENE REFERENCE BOARD

OF THE LIFE EXTENSION INSTITUTE, Inc.

IRVING FISHER, Chairman

**Professor of Political Economy
Yale University**

Statistics

WILLIAM J. HARRIS, Federal Trade Commission, United States Government.

CRESSY L. WILBUR, M.D., Director, Division of Vital Statistics, Dept. of Health, State of New York.

WALTER F. WILLCOX, Professor of Economics and Statistics, Cornell University.

Public Health Administration

HERMANN M. BIGGS, M.D., Commissioner of Health, State of New York.

RUPERT BLUE, M.D., Surgeon General, U. S. Public Health Service.

H. M. BRACKEN, M.D., Secretary Board of Health, State of Minnesota.

J. B. GREGG CUSTIS, President Board of Medical Supervisors, District of Columbia.

SAMUEL G. DIXON, M.D., Commissioner of Health, State of Pennsylvania.

OSCAR DOWLING, M.D., President Board of Health, State of Louisiana.

JOHN S. FULTON, M.D., Secretary Dept. of Health, State of Maryland.

S. S. GOLDWATER, M.D., Supt., Mt. Sinai Hospital, New York.

WILLIAM C. GORGAS, Major General U. S. Army.

CALVIN W. HENDRICK, Chief Engineer, Sewerage Commission of Baltimore.

J. N. HURTY, M.D., Secretary Board of Health, State of Indiana.

W. S. RANKIN, M.D., Secretary and Treasurer, Board of Health, State of North Carolina.

HYGIENE REFERENCE BOARD

- THEO. B. SACHS, M.D., President The Chicago Tuberculosis Institute.
JOSEPH W. SCHERESCHEWSKY, M.D., U. S. Public Health Service.
GUILFORD H. SUMNER, M.D., Secretary—Executive Officer, Dept. of Health and Medical Examiners, State of Iowa.
GEORGE C. WHIPPLE, Professor Sanitary Engineering, Harvard University.
C. E. A. WINSLOW, Professor of Public Health, Yale Medical School.

Medicine and Surgery

- LEWELLYS F. BARKER, M.D., Professor of Medicine, Johns Hopkins University.
GEORGE BLUMER, M.D., Dean Yale Medical School.
GEORGE W. CRILE, M.D., Professor Clinical Surgery, Western Reserve University.
DAVID L. EDSALL, M.D., Professor Clinical Medicine, Harvard University.
HENRY B. FAVILL, M.D., Professor Clinical Medicine, Rush Medical College.
J. H. KELLOGG, M.D., Superintendent Battle Creek Sanitarium.
S. ADOLPHUS KNOFF, M.D., Professor of Medicine, Department of Phthisiotherapy, New York Post Graduate Medical School.
WILLIAM J. MAYO, M.D., Ex-President American Medical Association.
VICTOR C. VAUGHAN, M.D., Dean, Dept. of Medicine and Surgery, University of Michigan, Ex-President American Medical Association.
HUGH HAMPTON YOUNG, M.D., Assoc. Professor of Urological Surgery, Johns Hopkins University and Hospital.

Chemistry, Bacteriology, Pathology, Physiology, Biology

- JOHN F. ANDERSON, M.D., Director Hygienic Laboratory, United States Government.
HENRY G. BEYER, M.D., Medical Director, U. S. Navy.
WALTER B. CANNON, M.D., Professor of Physiology, Harvard University.
RUSSELL H. CHITTENDEN, Professor of Physiological Chemistry, Director Sheffield Scientific School, Yale University.
OTTO FOLIN, Professor of Biological Chemistry, Harvard Medical School.
M. E. JAFFA, M.S., Professor of Nutrition, University of California.
LAFAYETTE B. MENDEL, Professor of Physiological Chemistry, Sheffield Scientific School, Yale University.
RICHARD M. PEARCE, M.D., Professor of Research Medicine, University of Pennsylvania.

HYGIENE REFERENCE BOARD

- MAZYCK P. RAVENEL, M.D., Director Laboratory of Hygiene, Professor of Preventive Medicine and Bacteriology, University of Missouri.
- LEO F. RETTGER, Professor of Bacteriology and Hygiene, Sheffield Scientific School, Yale University.
- M. J. ROSENAU, M.D., Professor of Preventive Medicine, Harvard Medical School.
- WILLIAM T. SEDGWICK, Professor of Biology and Public Health, Massachusetts Institute of Technology.
- HENRY C. SHERMAN, Professor of Food Chemistry, Columbia University.
- THEOBALD SMITH, M.D., Director Division of Animal Pathology, Rockefeller Institute for Medical Research.
- CHARLES W. STILES, M.D., U. S. Public Health Service; Scientific Secretary International Health Commission.
- A. E. TAYLOR, M.D., Professor Physiological Chemistry, University of Pennsylvania.
- WILLIAM H. WELCH, M.D., Professor of Pathology, Johns Hopkins University; President Board of Health, State of Maryland.

Eugenics

- ALEXANDER GRAHAM BELL, M.D., Board of Scientific Directors, Eugenics Record Office.
- C. B. DAVENPORT, Director Carnegie Station for Experimental Evolution; Director Eugenics Record Office.
- DAVID STARR JORDAN, Chancellor Leland Stanford Junior University; Chief Director World Peace Foundation.
- ELMER E. SOUTHARD, M.D., Professor of Neuropathology, Harvard Medical School; Pathologist to Massachusetts State Board of Insanity.

Organized Philanthropy

- MRS. S. S. CROCKETT, Ex-Chairman Committee on Health, General Federation of Women's Clubs.
- HENRY W. FARNAM, Professor of Economics, Yale University.
- LEE K. FRANKEL, 6th Vice-President and Head of Welfare Department, Metropolitan Life Insurance Company.
- LUTHER H. GULICK, M.D., President Camp Fire Girls of America.
- THOMAS N. HEPBURN, M.D., Secretary Connecticut Society for Social Hygiene.
- WICKLIFFE ROSE, Director International Health Commission.
- WM. JAY SCHIEFFELIN, Chairman Executive Committee, Committee of One Hundred on National Health.
- MAJOR LOUIS LIVINGSTON SEAMAN, M.D., President The China Society.

HYGIENE REFERENCE BOARD

WILLIAM F. SNOW, M.D., General Secretary, The American Social Hygiene Association, Inc.
LAWRENCE VEILLER, Secretary and Director, National Housing Association.

Educational

SAMUEL HOPKINS ADAMS, Author.
W. H. BURNHAM, Professor of Pedagogy and School Hygiene, Clark University.
CHARLES H. CASTLE, M.D., Editor Lancet Clinic.
W. A. EVANS, M.D., Professor Sanitary Science, Northwestern University Medical School; Health Editor, Chicago Tribune.
BURNSIDE FOSTER, M.D., Editor St. Paul Medical Journal.
FREDERICK R. GREEN, M.D., Secretary Council on Health and Public Instruction, American Medical Association.
NORMAN HAPGOOD, Editor Harper's Weekly.
ARTHUR P. KELLOGG, Managing Editor, The Survey.
J. N. McCORMACK, Chief Sanitary Inspector, Board of Health, State of Kentucky.
M. V. O'SHEA, Professor of Education, University of Wisconsin.
HON. WALTER H. PAGE, Ambassador to England.
GEORGE H. SIMMONS, M.D., Editor Journal American Medical Association.
HARVEY W. WILEY, M.D., Director Bureau of Foods, Sanitation and Health, Good Housekeeping Magazine.
HENRY SMITH WILLIAMS, M.D., Author.

Industrial Hygiene

JOHN B. ANDREWS, Secretary American Association for Labor Legislation.
THOMAS DARLINGTON, M.D., Secretary American Iron and Steel Institute.
NORMAN E. DITMAN, M.D., Trustee, American Museum of Safety.
GEORGE M. KOBER, M.D., Dean Medical School of Georgetown University.
W. GILMAN THOMPSON, M.D., Professor of Medicine, Cornell University Medical School.
WILLIAM H. TOLMAN, Director The American Museum of Safety.

Mouth Hygiene

W. G. EBERSOLE, M.D., D.D.S., Secretary-Treasurer, The National Mouth Hygiene Association.
ALFRED C. FONES, D.D.S., Chairman Dental Committee, Bridgeport Board of Health.

Physical Training

WM. G. ANDERSON, M.D., Director Gymnasium, Yale University.
GEORGE J. FISHER, M.D., Secretary International Committee, Y. M. C. A.

HYGIENE REFERENCE BOARD

- R. TAIT McKENZIE, M.D., Professor of Physical Education and Director of the Department, University of Pennsylvania.
EDWARD A. RUMELY, M.D., President The Interlaken School.
DUDLEY A. SARGENT, M.D., Director Gymnasium, Harvard University.
PROF. ALONZO A. STAGG, Director Gymnasium, University of Chicago.
THOMAS A. STOREY, M.D., Professor of Hygiene, College of the City of New York.

Foreign Advisory Board

AUSTRIA

- LUDWIG TELEKY, M.D., Department of Social Medicine, Vienna University.

CANADA

- JOHN GEORGE ADAMI, M.D., Professor of Pathology and Bacteriology, McGill University, Montreal.

ENGLAND

- SIR THOMAS OLIVER, Professor of Physiology, Durham University.

FRANCE

- ARMAND GAUTIER, M.D., Professor of Chemistry, Faculty of Medicine, Paris.

GERMANY

- PROF. DR. KARL FLÜGGE, Director Hygienic Institute, Berlin.

ITALY

- LEONARDO BIANCHI, Professor of Psychiatry, University of Naples.

JAPAN

- PROF. DR. S. KITASATO, Chief of the Kitasato Institute for Infectious Diseases, Tokyo.

RUSSIA

- IVAN PETROVIC PAVLOV, Prof. of Physiology, Imperial Military Academy of Medicine, Petrograd.

PORTRAITS OF MEMBERS
OF THE
HYGIENE REFERENCE BOARD



COPYRIGHT BY HARRIS & TOWNE

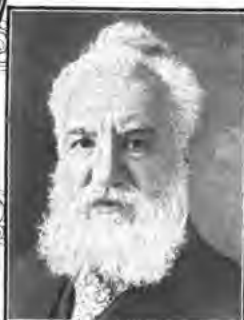
Dr. John F. Anderson



Dr. Lewellys F. Barker



Dr. Hermann M. Biggs



Dr. Alexander Graham Bell



Dr. William C. Anderson



Samuel Hopkins Adams



Dr. John B. Andrews



Prof. W. H. Burnham



Prof. Russell H. Chittenden



Dr. George W. Crile



COPYRIGHT BY HARRIS & EVANS

Dr. Rupert Blue



Dr. Chas. H. Castle



Mrs. S. S. Crockett



Dr. George Blumer

COPYRIGHT, 1915, BY MOFFETT STUDIO, CHIC.



Dr. Samuel G. Dixon



Dr. W. A. Evans



Prof. Henry W. Farnam



Dr. C. B. Davenport



Dr. Norman E. Ditman



Dr. W. G. Ebersole



Dr. Oscar Dowling



Dr. Otto Folin



Dr. Eugene L. Fisk



Dr. George J. Fisher



Prof. Irving Fisher



Dr. Alfred C. Fones



Dr. Henry B. Favill



Dr. Burnside Foster



Mr. Norman Hapgood



Dr. Luther H. Gulick



Mr. Lee K. Frankel



Gen. Wm. C. Gorgas



Dr. Frederick R. Green



Dr. John S. Fulton



Dr. S. S. Goldwater



Dr. J. H. Kellogg



Dr. S. Adolphus Knopf



Dr. J. N. Hurty



Chancellor David Starr Jordan



Prof. M. E. Jaffa



Mr. Calvin W. Hendrick



COPYRIGHT BY HARRIS & TWING
Mr. William J. Harris



Dr. Geo. M. Kober



Hon. Walter H. Page



Dr. J. N. McCormack



Prof. Lafayette B. Mendel



Dr. W. S. Rankin



Mr. Edward Bunnell Phelps



Prof. R. Tait McKenzie



Dr. M. J. Rosenau



Dr. Dudley A. Sargent



Prof. Leo F. Rettger



Mr. Wickhiffe Rose



Dr. Theodore B. Sachs



COPYRIGHT BY HARRIS & EWING

Prof. Mazyck P. Ravenel



Dr. Edward A. Rumely



Dr. J. W. Schereschewsky



Dr. Elmer E. Southard



Dr. Wm Jay Schieffelin



Prof. Alonzo A. Stagg



Dr. W. F. Snow



Major Louis L. Seaman



Prof. A. E. Taylor



Dr. Victor C. Vaughan



Dr. Chas. W. Stiles



Dr Thomas A Storey



Dr. William H. Tolman.



Prof. George C. Whipple



Prof. Walter E. Willcox



Dr. Cressy L. Wilbur



Dr. Henry Smith Williams



Prof. C. E. A. Winslow



Dr. Hugh Young

COPYRIGHT BY HARRIS & EWING

Dr. Harvey W. Wiley